

Broiled Tomatoes and Cheese

Makes: 3 servings

This recipe is especially tasty when using tomatoes that are fresh from the garden or Farmers Market.

Ingredients

- 3 tomatoes (large, firm)
- 8 ounces cottage cheese, low-fat
- 1/2 teaspoon basil (dried)
- 1/8 teaspoon black pepper
- 1/4 cup bread crumbs (plain)
- cooking spray (or vegetable oil)




Directions

1. Wash tomatoes and cut in half.
2. Mix cottage cheese, basil and pepper.
3. Spread cheese on tomato halves.
4. Sprinkle with bread crumbs and spray with cooking spray.
5. Spray broiler pan with cooking spray. Place prepared tomatoes on a pan and broil about 10 minutes.

Nutrition Information

Nutrients	Amount
Calories	123
Total Fat	2 g
Saturated Fat	1 g
Cholesterol	3 mg
Sodium	381 mg
Total Carbohydrate	16 g
Dietary Fiber	3 g
Total Sugars	7 g
Added Sugars included	1 g
Protein	12 g
Vitamin D	0 IU
Calcium	86 mg
Iron	1 mg
Potassium	520 mg
N/A - data is not available	

MyPlate Food Groups

	Vegetables	1 cup
	Grains	1/2 ounce
	Dairy	1/4 cup

Notes

Learn more about [tomatoes](#).

Source: University of Massachusetts, Extension Nutrition Education Program, Choices: Steps Toward Health